

LAACC Health Classes

*****These are some of the health classes offered at LAACC.
Call LAACC PERC for the full schedule*****

MOVE Level 1– Weight Management Program

- Held in Room A-336
- Walk-ins welcome or call PERC to schedule
- First Monday of the month from 10:30am-12:00pm or
third Thursday of the month from 2:00pm-3:30pm

Freedom from Smoking Clinic

- Held in Room A-336
- To schedule, contact Brandie Bowser by calling her at
(213) 253-2677 ext.4178 or ext.4176 or reaching her at
the Walk-In Clinic Room B-102
- First Tuesday of the month from 10:00am-12:00pm

Colonoscopy Education

- Held in Room A-336
- Walk-ins only
- Every Tuesday at 2:00pm

4-week Diabetes Education

- Held in Room A-336
- Walk-ins welcome or call David Damico, RD, MPH at
(213) 253-2677 ext.4311 or PERC to schedule
- Held on select Thursdays. Call ahead of time for exact dates.
Classes are from 8:00am-10:00am.